QC

INVENTORY: Alternative clothing finds at Madame Yes **P. 2**

IN THE CITY: Regina Farmers' Market offers food diversity, friendly atmosphere **P. 7**

PARENT TO PARENT: Is your identity tied to being a parent? **P. 13**



SPURRING THEM ON

WHY DOES BEATLE SOOP WANT TO GET CITY KIDS RIDIN' AND ROPIN'? P. 8

FREE

INVENTORY

We want to hear from you: Tell us about your local business.
Email QC@leaderpost.com

MADAME YES

Growing up in Regina, Susan Redekop struggled to find fashion that spoke to her. In 2005, she opened Madame Yes, a boutique that specializes in styles Redekop refers to as "rock 'n' roll-influenced clothing." For a small store, Madame Yes offers a wide range of alternative clothing and accessory options for those who like to walk a little on the dark side. Think goth, steampunk, club-wear and more, with clothing, shoes, jewellery, bags and other accessories available for men, women and children. Madame Yes, located in the Scarth Street Mall at 1843 Scarth St., is open Monday through Saturday.

1. ENTER SANDMAN: Too Fast Candyland one-piece footed pajamas, $59.99

2. FLAMING HOT FOOTWEAR: Hades Machina boot, $189.99

3. ELECTRIC EYE: Iron Fist I See You platform peep toe, $75

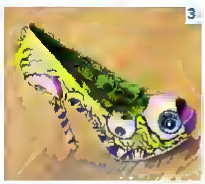
4. ROMEO AND JULIET MUST DIE: Too Fast Skeleton Lovers Tree bow top, $39.99

5. THE DEVIL'S IN THE DETAILS: Lucky 13 Grease Gas and Glory chino jacket, $105.99

QC PHOTOS
BY TROY FLEECE











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ON THE COVER P. 8



Beatie Soop has started the Oskana Rodeo Club to educate youth from Regina's North Central neighbourhood about First Nations culture and get them involved with horses QC PHOTO BY TROY FLEECE

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MY FAVOURITE PLACE P. 7



Laura and Allan Laird with their son at their favourite place, the Regina Farmers' Market, held every Wednesday and Saturday at City Square Plaza. QC PHOTO BY MICHAEL BELL

QC COVER PHOTO BY TROY FLEECE

QC is published by the Leader-Post – a division of Postmedia Network Inc. – at 1964 Park St., Regina, Sask., S4N 3G4.
Rob McLaughlin is editor-in-chief.
For advertising inquiries contact 781-5221, editorial 1-855-688-6557, home delivery 781-5212. Hours of operation are Monday to Friday, 8:30 a.m. to 4:30 p.m.
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FASHION

What's your favourite look for fall?
Send a photo to QC@leaderpost.com

REGINA FASHION

Nevaeh Ferrera Horne: Dare to be different

By Ashley Martin

She's seven and in Grade 3, but already Nevaeh Ferrera Horne has a good idea of what she likes and doesn't like in an outfit.

Her mom Cheryl helps "only sometimes. I mostly pick out my own clothes."

She gravitates to her favourite colours — blue, purple and pink — to create a unique sense of style.

She doesn't like dressing like everybody else "because then we won't know who's who. There's two girls in my class who look exactly alike because they both have brown hair, long hair, so if they wear the same clothes they look the same."

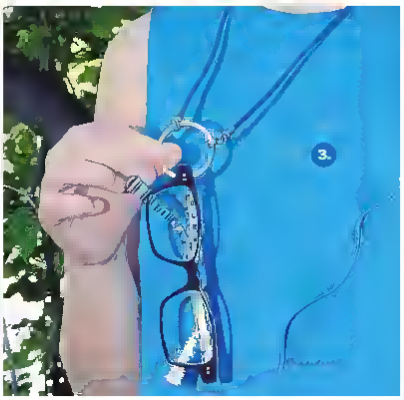
She adds "I just want to be different. I don't want to be the same. Then it's all boring."

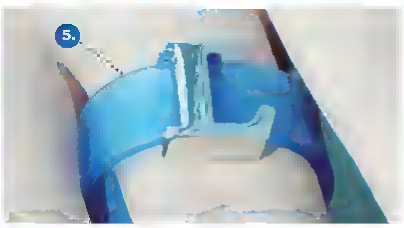
1. **GLASSES:** Lafont from The Spectrum Eye Centre. "I don't really need glasses, just (for) style."
2. **EARRINGS:** Ardene
3. **NECKLACE/GLASSES HOLDER:** La Loop from The Spectrum
4. **DRESS:** Winners. She likes "that it's this colour blue and it has these ruffles."
5. **RING:** Ardene
6. **BRACELET:** Ardene
7. **PANTS:** Carter's/OshKosh.
8. **SANDALS:** Carter's/OshKosh. "They're kind of like flip-flops and they're really fancy."



Nevaeh Ferrera Horne likes to mix up her look and gravitates to the colour blue. QC PHOTOS BY BRYAN SCHLOSSER









READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

KATIE: A NOVEL BY CAROL JAMES

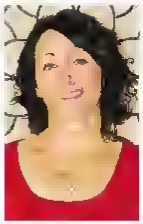
An unwilling journey to Kansas

Ever since I was a young girl growing up in small-town Saskatchewan, I've been drawn to writing and telling stories. I enjoyed inventing plots filled with mystical creatures and earthbound animals that remained in my own secret collection or were later told as bedtime stories for my daughter, who waited many a night for the next chapter to unfold over the course of several days or weeks.

As time passed, my appreciation for a good story did not diminish and my fascination with the history of the American Civil War and the people who lived through that era and afterward continued to grow. "Katie" was created over the course of several years as I researched the most intricate details to make certain that the book's content was both believable and historically accurate. I travelled to the living ghost towns of Virginia City and Nevada City in Montana to get a sense of what people living during that time period may have endured. After taking dozens of photographs, I finally chose one for the book's cover; one of the many painstakingly restored buildings in Nevada City which you will find a reference to in the book.

The characters that I have created are the best and the worst of those people who sought to cope in an era where the weak did not fare well and where a select few rose to power at the expense of those who held a conscience.

Lose yourself in a novel packed with riveting suspense and twists and turns that will leave you hard-pressed not to continue turning pages. Join Katie as her family takes an unwilling journey from New York to Kansas at the end of the Civil War and then to the infamous town of Dodge City, where she attempts to escape her father's iron hand. Her naivety and desperate need to flee force her into the arms of unforeseeable danger and she quickly finds herself entangled in a web of lies and deception. Held captive miles from civilization with no hope of escape, she finally uncovers the dark secret that has brought her there.



Carol James

You can find "Katie" (574 pages) by Carol James, available in hard-cover ($39.95), softcover ($29.95) or ecopy ($3.99) on-line from www.IUniverse.com, from Barnes and Noble — www.barnesandnoble.com or purchase directly from my website www.carojames.ca.

(Carol James is a pen name used by Balgonie author Arleen Lan-away)





IN THE CITY

SEPTEMBER 22, 2013 — 11:02 A.M.

The beat goes on



Tim Oberndorfer (centre) strikes a pose at the end of a rythym sequence at a Rider Drumline rehearsal near Wascana Pool before performing at that day's Saskatchewan Roughriders game. QC PHOTO BY MICHAEL BELL

YOUR FAVOURITE PLACE
Where do you like to spend time in Regina? Email QC@leaderpost.com

MY FAVOURITE PLACE

Produce not the farmers' market's only draw

By Andrew Matte



Laura and Allan Laird with their son Deacan buy a cookie from a vendor at the Regina Farmers' Market in the City Square Plaza QC PHOTO BY MICHAEL BELL

Laura Laird has been a fan of the Regina Farmers' Market ever since she moved to Regina from her family's farm nearly 20 years ago. Her affinity for fresh vegetables and sticky pastries lured her there, but the family like atmosphere at the City Square Plaza and the experience it provides for her young family keeps her coming most Saturdays.

Q: *When did you start going to the farmers' market?*
A: I have been going to the farmers' market for as long as I can remember, ever since I moved to the city on my own 20 years ago. We always grew our own vegetables on the farm, so coming to the farmers' market was a natural thing to do.

Q: *Why do you still go?*
A: Now that we have our own home and I have this big huge garden, I still like to go to the farmers' market because they always seem to be able to grow things a little better than I do.

Q: *What's changed at the market over the years?*
A: When I started going, you had your vegetables and an assortment of baking and that kind of thing. But now you have wineries and vendors who sell ice cream and goat cheese and things like that. It's really expanded, especially in the last four or five years. It's expanded even more in the last two years.

Q: *What are the people like?*
A: It's not like a cold business. It's more about family. You get so many unique people down there. And there are people of all ages. You get a real sense of community. The vendors are so friendly, many of whom I've become friends with. Just today I took some pickled carrots down to Anna, the garlic lady. I have been buying her garlic for years.

Q: *Do you still shop for produce at grocery stores?*
A: Supermarkets have their place, but I always like to get things as fresh as possible. If I can get it grown locally, I like to get it there, especially when it comes to canning my own food. I make tons of salsa, but I can't grow an onion to save my life.

Q: *Vegetables at the farmers' market cost more than they do at the grocery store, right?*
A: Considering it's fresher and way better, I will pay the extra costs. When you go to buy onions or what ever at a grocery store, who knows how long they've been sitting there? But when you go to the farmers' market, you know it's been picked within the last few days, comes right from the garden and hasn't been sitting in a warehouse.

Q: *People talk about enjoying a chat with the person who actually grew what they're selling. Do you?*
A: Yes. I like supporting local people. The growers are doing a very important service to the community. And I am going to do what I can to support them.

Q: *What was the last thing you bought there?*
A: My husband came home with red and green peppers and I made a fresh batch of salsa.

Q: *What is your favourite non vegetable item?*
A: I love the stuff made by the Armenian ladies. I'm totally addicted to their — I don't know what it's called, but it's amazing. It's a sort of a pita that's stuffed with sauteed spinach, parsley and onion. They are the most heavenly things ever.

Q: *Why do you take your son Deacan to the market?*
A: We wanted to expose all of this to our son. We wanted to show him that this is what you do, that you buy locally. You support people from your community. That is huge to us.

Q: *What changes would you suggest?*
A: Years ago I would have suggested they add more and different vendors. But now that they moved to the new space from city hall to City Square Plaza, it's perfect just the way it is.

ON THE COVER

Every young cowboy has a mentor. That's what I want to be for these kids. — *Beatle Soop*

BEATLE SOOP

Horsemanship part of a proud aboriginal tradition

By Jenn Sharp



Beatle Soop doing the morning feeding for his horses north of Regina. His Oskana Rodeo Club aims to teach youth about aboriginal horse culture. QC PHOTO BY TROY FLEECE

Horses were king on Beatle Soop's Blood Tribe reserve.

The Blackfoot reserve, also known as Kainai Nation, is located in southern Alberta in the heart of horse country. It's different from Saskatchewan. Instead of grain fields, the view to the horizon is filled with pasture where horses and cattle graze.

Soop, a 50-year-old calf roping competitor with the Canadian Indian Rodeo Cowboys Association (CIRCA), has always wanted to be a cowboy. He was thrown on a steer at an early age and tried roping at 13. He started riding bulls at 16, then steer wrestled later. He trained Quarter Horses for racing as well.

"I was hooked on rodeo. It was in my blood. I'm a cowboy."

Rodeo, especially calf roping, is an expensive sport. A good horse, the saddle and other tack, truck and trailer add up fast.

"I was a poor kid. I couldn't afford it."

As a teenager, he worked on a calf roper's farm, then later a steer wrestler's farm, and rode the horses in exchange for lessons. Those two men coached Soop and brought him to rodeos, men he now calls his mentors.

He wants to provide a similar experience for youth in Regina's North Central neighbourhood. He's founded a non-profit organization called the Oskana Rodeo Club to introduce inner-city kids to rodeo and First Nations horse culture.

"Every young cowboy has a mentor. That's what I want to be for these kids. It's time for me to give back."

The club is fundraising $200,000 for a permanent indoor rodeo and equestrian riding facility north of Regina.

"That's our long-range goal. It's not going to happen overnight. For now, we want to get a few kids introduced to it."

He's planning recruitment days in North Central to gauge interest from kids in the community. Soop and other members of the rodeo club would like to bring a few horses out for local kids to pet and ride.

"Not everybody loves horses. If I get three kids, perfect. These three kids will be engulfed in horses and in horsemanship."

He says he was lucky to be raised knowing his roots, customs and language. Others, he knows, have not been so fortunate.

"A lot of these kids have no clue what their culture symbolizes or what it means or who they are. This is a way for me to teach these kids pride and spirit. That's really what I want to do with them."

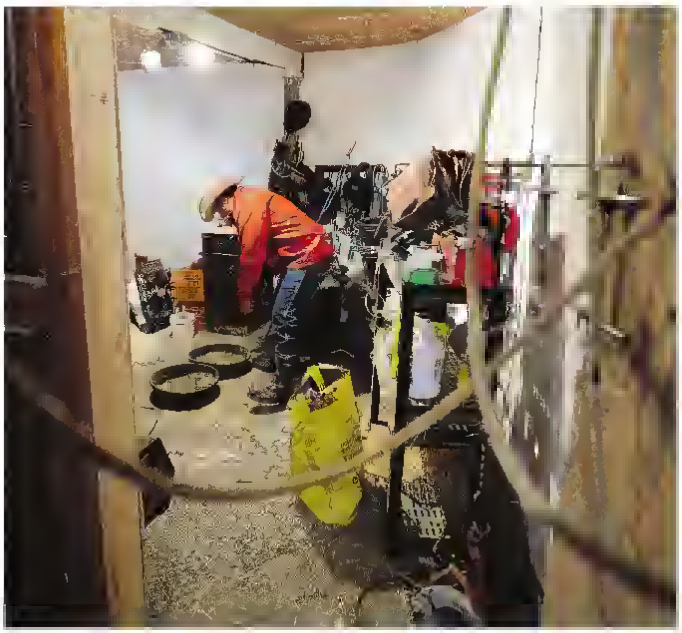
Soop knows how caring for an animal teaches responsibility.

"Horses kept me out of trouble," he says.

When he was 17, Soop left horseback riding and rodeo for a time. He chose a path filled with bad decisions.

He ended up in jail. When he got out, he told the prison guard, "I'm never coming back here again."

A lot of these kids have no clue what their culture symbolizes or what it means or who they are. This is a way for me to teach these kids pride and spirit. – *Soop*



Beatle Soop has been involved with horses and rodeo since he was a child QC PHOTO BY TROY FLEECE

"He looked at me and said, 'yeah, right' I never did. I never went back.'

At 18, he joined the U.S. Marines for three years and was stationed in Missoula, Mont., an experience he says taught him discipline and respect.

Later, he studied journalism at Lethbridge Community College and at the University of Regina, where he met his wife, Heather, in 1988. They've been married for 24 years. He made a successful career out of reporting, everywhere from Lethbridge to CTV Calgary and Fox News in the States.

He got his first gig at 16 with a community newspaper called the Cardston Chronicle, south of Lethbridge. Soon after, he was reporting for Canada's first aboriginal newspaper, the Kainai News. The newspaper was published by Soop's Blood Tribe reserve (and later by Indian News Media) from 1968 to 1991. It was here that Soop discovered his passion for politics as the paper often focused on national topics such as the Indian Act.

Bold, political stories were his favourite, at 30, he was the editor for a weekly First Nations publication in Lethbridge. Keeping the public informed and those in charge accountable was important to him.

'It was very political and hard-hitting. The power of the pen.'

He would later move into video production for documentaries, where he learned a different, more visual style of writing. Ready for a change of pace, he left that career in 2009 and is now a real estate broker.

'I had a heck of a lot of fun with journalism,' he says.

That passion runs in the family. Soop's uncle, Everett Soop, drew editorial cartoons for Kainai News from its inception until the mid 1980s. In 1969, Prime Minister Pierre Trudeau's government proposed a policy called the White Paper which sought to eliminate the Indian Act and terminate the treaties. Aboriginal people were not convinced, many said it felt like an assimilation tactic that ignored their rights. During this time period, Everett's satirical and often ironic cartoons illustrated the realities of that time.

Born with muscular dystrophy, Everett was an advocate for aboriginal people with physical challenges. He was posthumously awarded the Meritorious Service Decoration by Gov. Gen. Michaelle Jean in 2006.

Continued on Page 8

What Should You Do if Someone is Having a Heart Attack? W. Gifford-Jones, MD



It has been widely talked about for many years so it doesn't come as a big surprise... heart disease, strokes and heart attacks are at an all-time high, affecting millions of Canadians. In fact, about 8 out of 10 Canadians are at risk of developing cardiovascular disease – a devastating illness that 74,000 people die from each year.

What exactly is a heart attack?

When the blood supply to the heart is slowed or stopped because of a blockage, a heart attack occurs. Atherosclerosis, the narrowing of coronary arteries due to plaque buildup, causes more than 90% of heart attacks. A heart attack may also occur when a coronary artery temporarily contracts or goes into a severe spasm, shutting off blood flow to the heart.

Not all people who have heart attacks experience the same symptoms or experience them to the same degree. Many heart attacks aren't as dramatic as the ones you've seen on TV. Some people have no symptoms at all, while for others, the first sign may be sudden cardiac arrest. Still, the more signs and symptoms, the greater the likelihood that person may be having a heart attack. The severity of heart attack symptoms can vary too. Some people have mild pain, while others experience severe pain.

A heart attack can occur anytime — at work or play, while you're resting, or while you're in motion. Some heart attacks strike suddenly, but many people who experience a heart attack have warning signs and symptoms hours, days or weeks in advance. The earliest warning of a heart attack may be recurrent chest pain (angina) that is triggered by exertion. Angina is caused by a temporary decrease in blood flow to the heart.

Common symptoms include.

- Pressure, tightness, pain, or a squeezing or aching sensation in the chest or arms. It may also spread to the neck, jaw or back.
- Nausea, indigestion, heartburn or abdominal pain
- Shortness of breath
- Sweating or a cold sweat
- Feelings of anxiety or an impending sense of doom
- Fatigue
- Trouble sleeping
- Light-headedness or dizziness

What to do if you see someone having a heart attack?

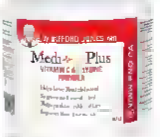
If you encounter someone who is unconscious from a presumed heart attack, call for emergency medical help. If you have received training in emergency procedures, begin cardiopulmonary resuscitation (CPR). This helps deliver oxygen to the body and brain.

According to the American Heart Association, regardless of whether you've been trained, you should begin CPR with chest compressions. Press down about 2 inches (5 centimeters) on the person's chest at a rate of about 100 a minute. If you've been trained in CPR, check the person's airway and deliver rescue breaths after every 30 compressions. If you haven't been trained, continue compressions until help arrives.

If you are experiencing any warning signs, you should call 9-1-1 or your local emergency number right away, or have someone call for you. Stop all activity and sit or lie down in a position that is most comfortable and try to remain calm until help arrives.

What can you do to improve your heart health?

Dr. Linus Pauling, two-time Noble Prize winner, reported 25 years ago that humans do not make their own Vitamin C. He also found that Vitamin C is needed to manufacture healthy collagen, the glue that holds coronary cells together, just like mortar is needed for bricks. Lysine, like steel rods in cement, makes collagen stronger. Dr. Pauling also found that taking several thousand milligrams of Vitamin C a day can help to remove artery blockages and help to prevent a heart attack. Prevention is your best strategy for a strong and healthy cardiovascular system.



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> (Rodeo teaches) patience and trust in their animals. There is some risk involved for injury. There's also dealing with some pressure with competition and performance. To learn to overcome all those obstacles is great.— *Molly Powell*

■ ■ ■ ■

Soop has six horses, four of which he keeps at a friend's farm north of Regina. Two of these are what he calls his "special" ones. Clifford, his sister Simone's horse, won the calf roping event in Oregon's Pendleton Round Up, one of the 10 largest rodeos in the world.

The other is Gilbert, a chestnut Quarter Horse. He's the horse that will take Soop to the Wrangler National Finals Rodeo (NFR) in Las Vegas in the team roping event.

"I'm going to the worlds. I promise you. I've got the horse."

Soop is dressed comfortably, yet practically — Wrangler blue jeans, scuffed boots and a faded white cowboy hat. His voice is big and booming. He laughs often and swears sometimes.

He's eager to explain why Gilbert is a perfect mount for the roping events. He's not too tall, with a sturdy build and strong hind end. He's fed a balanced ration for performance horses and worked regularly to maintain his muscles.

"He's really solid. You also want strong hindquarters because when they stop, they really put the brakes on. He stops so hard, he'll literally send you flying."

Training these horses is a fine art — they must learn how to chase the calf while remaining steady for the rider to rope effectively, then stop fast for the rider to jump off and tie the calf. While the rider is tying the calf, the horse must maintain even pressure on the rope, slowly backing up, but less than 1.8 metres (or you're disqualified from the event).

"They'll pull just enough that when you get off the calf, they'll stop," explains Soop. "They work hard. They really pull hard."

Molly Powell knows all about the blood, sweat and tears invested in rodeo. The Alberta expat (she now lives in Stephenville, Texas) went pro in 1986 and has competed at the NFR 10 times. She met Soop about three years ago when he invited her to Alberta to teach a clinic on the Blood Tribe reserve. She says the confidence someone can gain by competing or working with horses pays off.

"(The sport teaches) patience and trust in their animals. There is some risk involved for injury. There's also dealing with some pressure with competition and performance. To learn to overcome all those obstacles is great."



Beatie Soop keeps his rodeo horses of a friend's farm north of Regina. It's full of rolling hills and pasture on which the animals can graze. QC PHOTO BY TROY FLEECE

■ ■ ■ ■

With about 12,000 members, the Blood Tribe reserve is the largest in Canada and known for its rodeo history — 25 world champion rodeo competitors come from the reserve.

"Everybody's a cowboy there," Soop says.

In 1977, his cousin Jim Gladstone won the calf roping world championship at the NFR. He's the only Canadian to win the title and was the first aboriginal to win a world rodeo championship.

Calf roper Cliff Williamson has won five Canadian championships. He started a rodeo school on the reserve and brought other world champion rodeo competitors there to inspire and motivate the kids. Soop was one of those kids.

"He brought up everybody. He got the reserve really into rodeo," says Soop. "We can have our own little rodeo and it's filled, every event. (It kept kids) out of trouble."

Powell agrees, saying that working with horses is incredibly rewarding, especially for children growing up.

"Animals are honest. They don't really lie to you," she says.

"If you're not spending enough time or enough attention or if you're not giving consistent cues and signals you don't get consistent results or treatment. That's a good lesson for young people to learn."

Having a sense of pride and accomplishment is another valuable lesson that she admires Soop for teaching.

"When (kids) achieve something in competition, it's really exciting. There's another variable involved. (one of) personal achievement," she says.

Rodeo isn't a sport for the faint of heart. Soop's knee once snapped backwards (four pins hold it together now). He no longer rides bulls after breaking his back and he cracked the meniscus in his collarbone (for which he's awaiting surgery). But at 50, he still loves competing, although it's in team roping now.

"In my mind, I can do it!" he says with a jovial laugh.

Soop is in it because of his love for horses. He explains that in Blackfoot culture, horses represented wealth, status, security and livelihood; the animals were used in battle and to hunt buffalo, but they were first and foremost spiritual beings.

He retells several ancestral stories, one about wild horses (there's a lot of them where he's from). "If you capture a wild horse and break him, that means he's your mount. But if he bucks you off, you must turn him over to another to try. If that rider succeeds, it means the horse is his."

"That means that horse picked you," he says.

Animals are honest. They don't really lie to you. If you're not spending enough time or enough attention or if you're not giving consistent cues and signals you don't get consistent results or treatment. — *Powell*

"We were fierce warriors. We were known as the raiders of the Prairies — the best horsemen around. I don't tell my Cree friends that at rodeos, they get mad!" he explains with a laugh. (In fact, the Plains Cree called the Kainai 'Miko Ew' — 'stained with blood.' Hence the English name of Blood Tribe.)

It's this history that Soop wants to teach First Nations youth in Regina's inner city. He doesn't want that culture to be lost forever. He says the residential school system is to blame for the current loss.

"I try to tell kids these stories — they don't know. All they know is living on the streets of Regina. Not even their parents know. Residential school really has killed our culture. People say, 'Oh, get over it.' It's hard to get over it when we've had a link killed."

Soop has encountered his share of racism. He recalls being at a gas station on Dewdney last year when a young First Nations gang member called Soop out for dressing like a cowboy.

'He called me a sellout saying I'm supposed to be an Indian."

Soop confronted the youth and talked to him about horses.

"Horses are a spirit. For Indians, they were our life. Without them we wouldn't be who we are. My connection is with the horse.

"They think we're selling out to white people. But they don't realize that we're in it because of the sport of rodeo, the culture of the horse, the competition."

Soop and the best First Nations cowboys in the country head to Saskatoon in October for the Canadian Indian Finals Rodeo. Contestants will compete in 14 events on Oct. 10 to 12 at Prairieland Park.

jksharp@thestarphoenix.com/@JennKSharp



Beadie Soop would like to educate inner city youth about First Nations culture and horses importance to their ancestors. QC PHOTO BY TROY FLEECE

CANADIAN INDIAN FINALS RODEO

WHAT YOU NEED TO KNOW:

- Oct. 10 to 12 in Saskatoon
- Doors at 6 p.m., performance at 7 p.m.
- 1 day pass $10, $15; 3 day pass $24, $40; kids 6 and under free
- Prairieland Park Ag Centre
- Twelve of best rodeo contestants in 14 events will compete for Canadian Championships
- Eight major rodeo events: Bareback riding, saddlebronc riding, bull riding, steer wrestling, calf roping, team roping, ladies barrel racing and ladies' breakaway roping
- Four junior events (16 and under): Steer riding, bull riding, girls' barrel racing and breakaway roping
- Two senior events (over 50): Team roping and breakaway roping









CITY NEWS

CULTURE DAYS

Holophon a study in sound

By Ashley Martin

Ryan Hill scoops chunks of dry ice onto a steel plate connected to a sound system. When he juxtaposes two upside-down cymbals and uses tongs to slide the dry ice across the surface, so begin the sounds: screeching, scratching, clanging. Reverberations like a mid-toned bell, high-pitched squeals, baritone vibrations.

It's amazing so much sound can come from a few simple objects.

This is audio art.

"It's such an unreal kind of sound or a range of sounds that can come out of it," said Andrew Manera, managing director of Holophon, a local organization that practises and promotes this young but growing art form.

Sound is the medium here, whether the end result is a soundscape or installation soundtrack, and whether the sound is manufactured or bent, electronic or unplugged.

Holophon has led sound walk workshops, which are all about being in tune with one's surroundings, noticing the noises of the environment.

At another workshop this year, some artists brought pieces of paper and worked to create sound by flapping, tearing or blowing on the pages.

Holophon has also collaborated with other local arts organizations like New Dance Horizons, the Saskatchewan Film Pool and Queer City Cinema.

"It's exploratory and experimental," said Manera. And as the artist works, 'There's a little bit of spectacle to it."

Holophon began in 2008 to fill the gap between thriving audio arts scenes in Winnipeg and Alberta. With an umbrella group, individual artists could meet and collaborate.

It's hard to say how many audio artists there are in Saskatchewan, but it's a small community.

That said, anyone who experiments with Garage Band on their home computer is doing audio art, says Manera.

Holophon's mission is to reach more people, exposing and demystifying the art form.

"The optics being a barrier, it seems really techie and if you don't think of yourself as a very tech-savvy person, you might be put off by it as a form, but it doesn't have to be that way," said Manera.

Holophon will be at Culture Days. Hill will perform the dry ice piece at the City Square Plaza (or at Neutral Ground in case of rain) on Sept. 28, 5-7 p.m. There will be a chance for audience members to experiment.



Downtown will be full of buskers during the Culture Days BuskFest on Friday. Here, Neil Child busks at the Regina Farmers' Market. QC PHOTO BY MICHAEL BELL

CULTURE DAYS INFO

Culture Days is a nationwide celebration of arts and culture.

From visual arts to theatre to spoken word to street fairs, there is plenty to see at the fourth annual Culture Days, which takes place Sept. 27-29.

There are two dozen activities in Regina and more than 160 across Saskatchewan.

Find out more at sk.culturedays.ca. See our events listings on pages 26 and 27 for Regina Culture Days events.



Screengrab of a video of Ryan Hill's performance in Saskatoon last year. He'll be performing his dry ice audio art project during Culture Days 2013.

NEXT WEEK: When did your baby start sleeping through the night? **Email QC@leaderpost.com**

PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

Do you feel like your identity is tied to being a parent?

"Yes. I do feel that my identity is tied to being a parent. My identity changed the second my son was born. Since then, there has been many ups and downs, but it changed my identity greatly. I maintain myself by maintaining my own personal interests and activities. I love to swim and sometimes I do that with him and sometimes alone. I love puzzles and they take me away from being a parent at times when the mental break is needed. Of course that's aside from time with friends without being a mom at the same time." — Treena Cheveldayoff

"I love being a mom, so I don't mind at all that my identity is tied to that! Being a mom is the best feeling in the world." — Carla Contreras

"Though being a parent has been (continues to be) one of the most challenging, liberating, fulfilling roles of my life, it doesn't define who I am — not that it doesn't try to!

From the time my first born was two, I recognized a need for me to take time away from my family away from my roles as wife, mother, home manager or 'domestic goddess,' as I preferred to refer to myself as! I went on my first solo 24-hour retreat at that time and thought 'I need to do this at least once a month to remain sane!' Of course, I didn't. But what I did do was carve out smaller chunks of time on an almost daily basis for me to live and breathe as me — in my own energy and space, apart from anyone, not just my family.

I'd step outside of all my roles (daughter, sister, niece, friend, mother, wife, volunteer, woman) and simply BE ME. I'd do this by walking, journalling and long baths with no music, no books — just a hot date with myself! Then yoga came into my life and my practice became my regular dance partner. For an hour a day it would just be me and my breath and my mat, and my heart.

When I was about to leave on my first yoga retreat (for seven days) my daughter Keejara, who was initially very sad that I was going to be away for so long, said, 'When are you leaving, mommy?' And she seemed excited. So I said, 'In two more sleeps.' I thought you didn't want me to go. What made you change your mind?' To which she replied, 'You said you'd be a better mom when you got back. So I want you to go now!'

That comment affirmed all my desires for time for me and erased all the non-supportive opinions of society that discouraged my 'selfish ways.' I've never looked back, nor stopped listening and following my heart!" — Jan Henrickson

"I think that it's important to take time or MAKE time to keep up with different interests or hobbies that you enjoy outside of being a parent. The happier you are, the happier and healthier your kid is. Your sense of self-worth is reflected in your children." — Pamela Marie

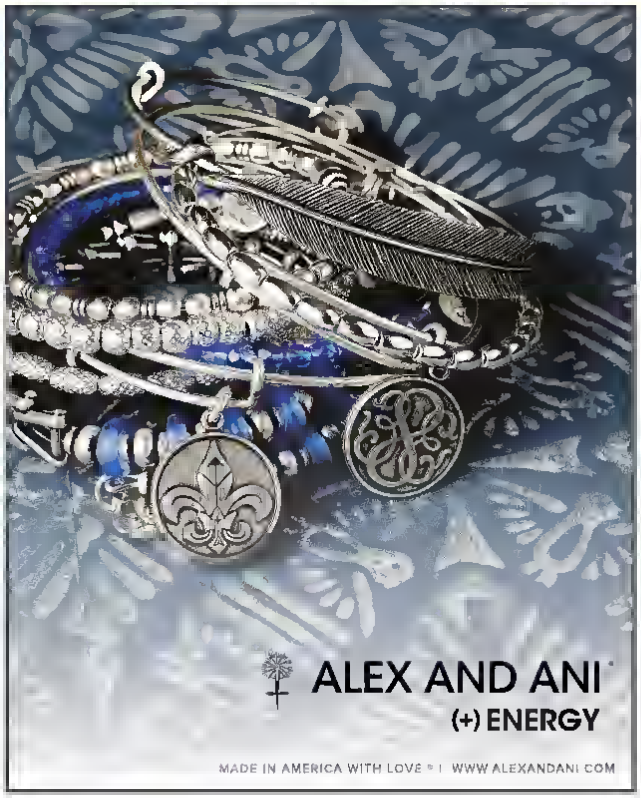
"I think my identity is very tied to being a parent. The activities I partake in, the people I associate with and the choices I make are all influenced by the fact I am a parent. I want my kids to be proud to say I'm their mom so I conduct myself accordingly." — Michelle Grodecki

"I see myself as a multi-hat wearer. I encourage my kids to be independent, and explain that although they are the most important people in my life, that doesn't mean that they always come first. I am Sara first and foremost and if I strived to label myself under any one 'title,' whether that be mother, boss, girlfriend, friend, entrepreneur or daughter, then I would not be able to do what I do. I may not win mother of the year in some peoples' eyes, but I don't feel guilty for that. And to be honest, I am not sure if I'd want to do what it takes to qualify." — Sara Wheelwright

"Yes. I do feel my identity is strongly tied to being a mom/parent. As a parent, I am a role model, caregiver, mentor, nurturer and protector. It is the most important job I have here on Earth. However, I don't suppress my authentic self as I know the value of living fully and using other unique skills, talents and traits that I have that make me unique and show that I can be more than my life's responsibilities (as precious as they are)." — Treena Wynes

"I came to parenting a bit later in life and so many things were already established as identity that 'mom' almost felt like an impostor. It was also possibly because as a single parent my set of responsibilities (such as making a living) forced me to maintain my sense of self. My financial priorities did change but I enjoyed that part of it. I guess in my case, it enhanced my life. Sure, there were sacrifices, but at my age I didn't really see them as such." — Judi Udahl





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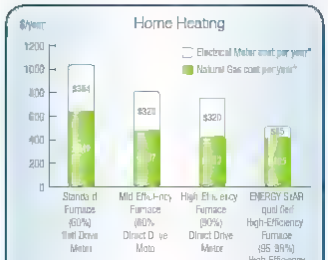
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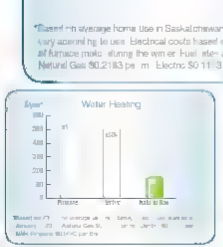
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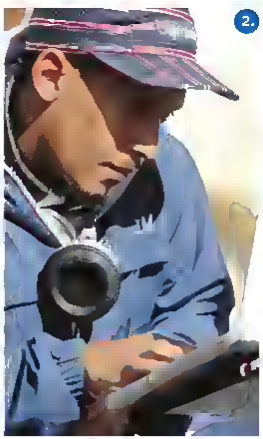
ON THE SCENE

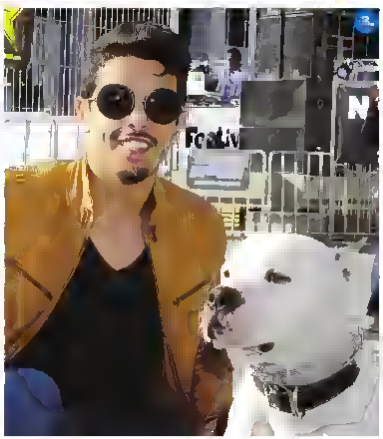
View more On the Scene photos at Facebook.com/QCRegina.

FRIENOS FESTIVAL



1.

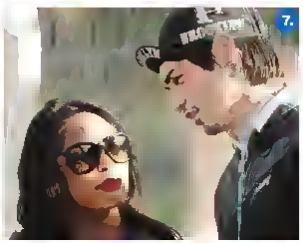

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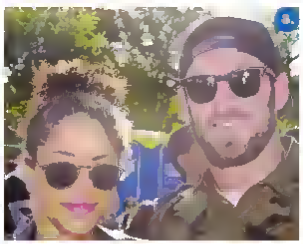

3.


4.


5.


6.


7.


8.


9.

ON THE SCENE

If you know of an event we should attend, email QC@leaderpost.com.

FRIENDS FESTIVAL

Electronic music filled the City Square Plaza on Sept. 21 with the inaugural Friends Festival, which aimed to "bring happiness through music." Seventeen Saskatchewan DJs took to the stage to celebrate music and creativity in the province between 1 and 11 p.m.

1. DJs perform at Friends Festival
2. Chris Habte, who DJs as Kid Kris, makes music
3. Ibra Ayyaf and his dog Snow
4. Lee Chan
5. Emilie Anne Donnelly and Reid Edwards
6. Stephanie Morcos and Eddy Alvaro
7. Kat Israel and Quentin Archer
8. Kenya Ingram and Jordan Sisco
9. Casey De La Cruz and Hanah Molloy
10. Megan Ravndahl, Jeff Wotherspoon, Alicia Wotherspoon, Robyn Chatlain and Eli Parenteau

QC PHOTOS BY MICHAEL BELL



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SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email qc@leaderpost.com

SASKATCHEWAN'S BEST SPACES

Quaint yard is full of memories

By Angelina Irinici

WHO? Bonnie Semenoff and her husband Bob

WHERE? In Saskatoon's Silverwood Heights area.

WHAT? Her secluded backyard that is full of old antiques, mostly from her parents' farm near Radisson. She gets creative with the old items and uses them as growers and decorations. Old bed pans, pails, lobster crates, kettles and other unique antiques are found through out the yard including an old mailbox and even a toilet bowl. Semenoff reminisces about an old hand pump that she used as a little girl, her family didn't have running water on the farm. She grows flowers in two old bathtubs she and Bob acquired about 20 years ago. A pair of old work boots is the item she holds most dear. She's planted flowers out of them for about 10 years now. They belonged to her late father.

"I remember my dad. My dad farmed and it brings that bit of a connection," Bonnie explains. "I still have a couple of his boots kicking around, so when they finally bite the dust, I'll have new ones to work with."

The yard is secluded because of trees and sprawling vines that have covered the fences. Bonnie keeps her gardening supplies in a charming little shed that sits in the corner of the yard. The small cobble stone patio makes you feel like you should drop everything and have afternoon tea on the white wrought iron patio set. There is only a small patch of grass among the flowers, cobble stone and greenery.

WHEN? The couple moved into the north end home nine years ago. They came from a bigger yard, but Bonnie says she's happy about downsizing.

"It's just a really nice little place to spend time and it doesn't take a lot of maintenance. I tell people, I sweep myself out of my backyard. I start in one corner and sweep my way right out of here," she laughs.

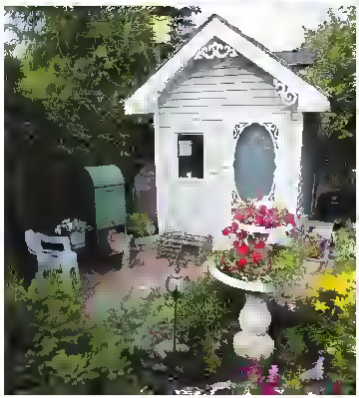
QC PHOTOS BY MICHELLE BERG















SPACES

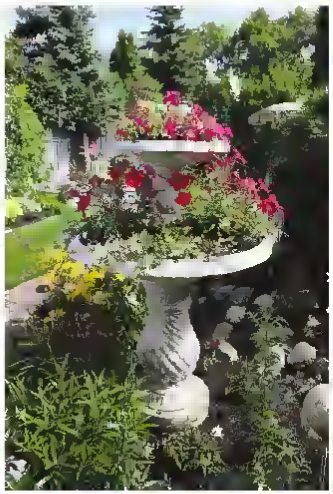
Once they got settled the couple added a dog run for their chocolate labs and poodle terrier. Later they turned the area into a bed to grow tomatoes, strawberries and for other container gardening. They added the extra flower beds and Bonnie went to work. The yard, which has a raised deck bubbling fountain and even an apple tree, has come together in the last three years.

WHY? Bonnie loves flowers. "When I buy my flowers it's like I'm working with a patch work quilt," she explains. "My yard never looks the same from one year to the next because I'll try new colours and different accents." She has a bed of different coloured lilies that bloom at different times of the season. A raspberry bush has crept in from the neighbour's yard, allowing Bonnie to pick bowls of the fruit. Her passion for gardening comes from her family.

"My dad farmed until he was 80. We'd ask him, 'Dad, why do you keep farming?' He'd say, 'I just get a kick out of watching things grow.' I think that's it — just watching the yard develop over the years."

She acquired the antiques when she moved into her first home. She didn't want to lose any and her parents told her to take what she wanted. To her, they are memories.

"When I work around this stuff I feel like I'm anchored into my ancestry."









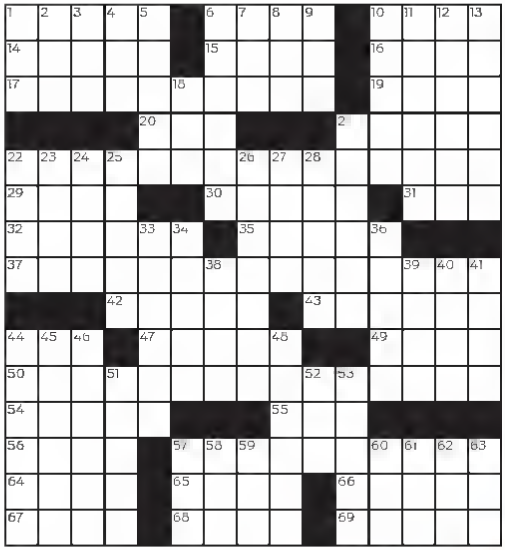






#CROSSWORD

NEW YORK TIMES *Edited by Will Shortz*



ACROSS

1 Testimony spot
6 Nursing school subj.
10 Defeats regularly, in slang
14 Muscular strength
15 30 Rock's architectural style
16 Female mil. unit created 5/15/42
17 Like a patient person's attitude
18 Analogy words
20 Flying cloud of old autodom
21 Take the top off of, in a way
22 Stray from the subject
26 Rooney ___, star of "The Girl With the Dragon Tattoo"
30 Browses, in a way
31 Place to wallow in mud
32 Quick ballroom dance
35 Relating to the calf
37 Mideast monarchy
42 Passion
43 Term of address for a 2-Down
44 Model Carangi
47 One of almost 20 French kings
49 Fishing rod, files, lures, etc.
50 Without delay
54 Where some ex-major leaguers play
55 ___ Taylor (clothing retailer)
56 Company that once owned the trademark "Escalator"
57 Not corroborated
64 Cork's locale
65 Component of brass
66 Words of compassion
67 Progeny
68 Rash feeling?
69 See 61-Down

DOWN

1 Vane dir.
2 Member of la famiglia
3 Purchase from Pat Sajak
4 Last figure on an invoice
5 Tower over
6 Scanners, webcams, etc.
7 Super ___ (old game console)
8 Do superbly on
9 Shoe part
10 Short, in a way
11 Laps against
12 Floatme
13 "Star Trek" character who says "Aye" a lot
16 Modernist's prefix
21 Failing inspection, say
22 Some pickups
23 Island with Yokohama Bay
24 Like many presentations
25 Statements in a legal case
26 Alpine land
27 Irrefutable
28 Some "Hair" hairdos
33 Sci-fi author Ellison
34 ___ the seventh day
36 "Cute" sound
38 Month in Eté
39 Where Duff Beer is poured
40 ___ Sea (now-divided waters)
41 ___ a one
44 Toys known as Action Men in the U.K.
45 Headed for sudden death, perhaps
46 Aim high
48 Swipe, as a purse
51 Shocked, in a way
52 Tolkien creature
53 Negro leagues star Buck ___
57 Assault weapon named for its designer
58 Minor complaint
59 Post-apartheid ruling org.
60 Chem. or biol.
61 With 69-Across, beach markings ... 14 of which are hidden vertically and horizontally elsewhere in this puzzle
62 Fore
63 ___ Plaines, Ill.

PUZZLE BY JONATHAN GERSCH

JANRIC CLASSIC SUDOKU

Level: Silver

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

	1			5				4
2	6		3				8	
5				7	9	1		
6			4					9
		5		1		3		
4					3			5
		2	5	8				1
	3				4		5	2
9				3			7	

Solution to the crossword puzzle and the Sudoku can be found on Page 25





SHARP EATS

See a food trend you think deserves a highlight? Email QC@leaderpost.com or visit us on Facebook

OKTOBERFEST 2013

Every beer drinker's favourite time of year

By Jenn Sharp



OKTOBERFEST 2013

- Regina German Club, 1727 St. John St.
- Sept. 28, 5 p.m. to 2 a.m.
- Members $12, non-members $15
- Visit club for tickets or call 306-352-5897
- Free Harvest Wine Festival and Oktoberfest kickoff is Sept. 27 at 6 p.m.

Don a traditional costume and you'll fit right in at any Oktoberfest event, like these Polish outfits worn by participants in an opening parade at Munich's Oktoberfest in 2012. FILE PHOTO

There's a new kid in town and they're preparing to open with a bang.

Prairie Sun Brewery has been open for several weeks in Saskatoon's north end. Owners Heather Williams and Cameron Ewen are planning the granddaddy of all grand openings: Oktoberfest 2013.

The party, planned to coincide with Munich's annual two weeks of beer-swilling and festivities, is a one-day affair on Oct. 5. A variety of beer games, like the brewers' Olympics, keg relay and stein carry, will coincide with a perogy eating and costume contest.

Ten local bands will entertain and the German Cultural Club is providing traditional eats. Three food trucks, Snak, Joy Ride and Disco Dogs, will also be on-site. A free bus will take revellers to Winston's downtown if they wish to continue the party. The highlight, of course, is Prairie Sun's brand new beers.

This new micro brewery has a strong focus on quality and local. As many ingredients as possible are from Saskatchewan. Prairie Sun currently carries three beers, along with a rotating lineup of seasonal specials. Williams claims their 306 Urban Wheat Beer is the only one in the world made from red fife wheat. Ewen (the brewer) incorporated banana and clove flavours that tastes like a Saskatchewan twist on a traditional Bavarian beer.

The Crazy Farm is a Belgian farmhouse ale. At six per cent, it's got a mixture of coriander, fresh pepper, honey, spices and citrus. The Prairie Lily Lager is a German-style pilsner and is currently on tap at Congress Beer House, Winston's and Wecerla in Saskatoon, and will soon be at Beer Brothers in Regina. Look for a pumpkin ale and a toffee porter in the coming months.

One of the coolest things about Prairie Sun is their refillable two-litre growler jugs. Easier on the environment and the wallet, stainless steel or glass growlers can be purchased from the brewery, filled and brought back for more. The beer is not available in bottles, nor is it sold in SLGA stores. However, the brewery began selling at the Saskatoon Farmers' Market on Sept. 21.

If you're in the Queen City, don't miss the Regina German Club's Oktoberfest. The epic party always sells out. It all begins Sept. 27 with the Zwiebel Fest (German for harvest wine festival) which includes a traditional onion cake to compliment the wine. A kickoff to Oktoberfest will be held in the basement that night with best costume prizes ($150 each) awarded to Ms. and Mr. Oktoberfest.

On Sept. 28, the Oktoberfest party starts with the Len Gadica polka band, followed by the Pile of Bones Brass Band. Food like bratwurst, pretzels and even a roasted pig is on offer along with German beer and wines.

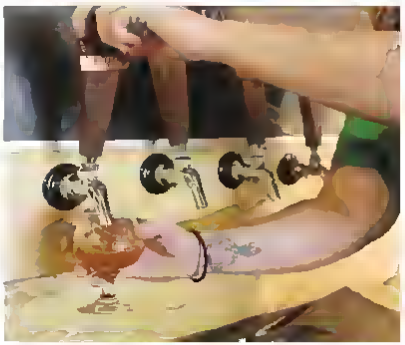
President of the club, Kerri Van Loosen, says the event's growing popularity always amazes her. In the late '80s, Oktoberfest was held at Evraz Place for a week but faded into obscurity. This will be the fourth Oktoberfest at the club.

"It's insane how much it's growing and the amount of youth that are involved," she says.

Restaurants and pubs in both cities are doing themed menus for Oktoberfest. Check out Beer Bros. in Regina where the staff will be decked out in costumes.

The Army, Navy & Airforce Veteran's Club's Oktoberfest is Oct. 4, while the German Cultural Centre Oktoberfest celebration is Oct. 19 in Saskatoon.

jksharp@thestarphoenix.com/ @JennKSharp



Prairie Sun Brewery is hosting a grand opening Oktoberfest party. QC PHOTO BY MICHELLE BERG



Next week in QC

Whitney Oakes's Miss First Nations University title more than a coronation

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HARVEST WINE FESTIVAL
A CALL TO CREATE – MANIFESTO WORKSHOP
with Patrick Close
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REGINA MANOOLIN ORCHESTRA CONCERT

SATURDAY SEPT 28

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OORKBOT COMPUTER ART WORKSHOP
RELATIONSHIT A VISUAL ART EXHIBITION
FREE PERFORMANCE OF SHANGRI-LA
NORTH CENTRAL CULTURE DAYS STREET FESTIVAL
UNDER THE HARVEST MOON HERITAGE COMMUNITY FESTIVAL
INTERACTIVE AUDIO ART PERFORMANCE
REGINA MANOOLIN ORCHESTRA CONCERT
LES FERMIERES OBSEDEES
PLAZA DANCE PARTY

SUNDAY SEPT 29

7 + YOU ART WORKSHOP & EXHIBITION
ATC OPEN STUDIO BRUNCH with ART
FAMILY ARTS FESTIVAL
MUSIC MOSIAC CHORAL PERFORMANCE
DUO-PIANO CONCERT
Featuring Jane and Kathleen Selesse

I ♥ CULTURE.CA

@culturedaysSK Culture Days Saskatchewan

Sask Culture · SaskLotteries · SaskEnergy · STC · Sask Life Financial · CTV · STA · Canadian Heritage / Patrimoine canadien

OUTSIDE THE LINES

Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to qc@leaderpost.com by Monday at 9 a.m. One winner will be chosen each week.

Please send high-resolution pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Taija Beck.** Congratulations! Thanks to all for your colourful submissions. Try again this week!


DINNER done right!
Ricky's
ALL DAY GRILL
777 Albert Street
306 775.3000
regina.gotorickys.com

MUSIC

Tell us about your band.
Email QC@leaderpost.com.

SIRVIS

Rapper's personal lyrics connect with fans

By Angelina Irinici

When Sirvis was 14 years old, he was stealing from his brother. An innocent kind of theft: he would raid his older brother's tape collection and listen to hip hop artists like the Living Legends and AWOL One. Little did he know years later he'd be opening up for both acts.

It all started by just hanging out with friends and rapping in their parents' garages. At 14, Sirvis recorded his first song on a cassette tape. He started recording songs and burning mix tapes onto CDs and selling them at his high school in Saskatoon. He says he'll never forget when he was 16 and performed live for the first time. He recorded the song on a tape recorder and played it back in a bathroom stall at the Odeon Events Centre right before he went up on stage. He froze up at first, but managed to hold it together.

"I kind of found my place in music and I kept doing it," explains the 25-year-old rapper.

While writing music was never a problem for him, he laughs when he says rapping didn't come as natural.

"I was horrible. I don't think I started making music that made sense to me until I reached my late teens and early 20s, when my subject matter was something that I took pride in discussing."

Sirvis's lyrics come from the soul; he calls them his journal. At first his music wasn't as personal but as he gained popularity he realized he owed it to his fans. Especially when he'd be asked when his new album was coming out or when he'd be performing next.

"I wanted to create a foundation for them. If they're confiding in me and they give the time of day to listen to my music, I felt that it was necessary for me to achieve that level of writing and make the music I really wanted to make," he explains.

Writing a song can take him hours, days or even weeks depending on where he's at creatively since he writes about personal struggles and issues. Whether it's something he's dealing with at the time, or something he wasn't ready to open up about in his past, Sirvis says he rides the highs of being inspired. Just because things are going good in his life doesn't mean his music is going to reflect that.

"I just channel that energy through my pen and it moves a lot quicker," he explains. "I don't make music to dance to. I make music to help people and connect with them."

It's always been about others for Sirvis. He says it's a "grey area" when musicians say they are making music only for themselves. He says that those people are scared they won't get taken seriously.

"Isn't that the point of music? To create that platform to connect to people?" he says. "They aren't taking it seriously enough. ... I want to create timeless music. I don't want to be the guy who just does it for fun."

Sirvis has released three albums and four music videos to date, and at the end of next month he'll be releasing his newest album called The Cousin of Envy. He explains that the 'cousin' is where he wants to be in life and music, and he is the 'envy.'

"I'm envious of where I want to be and who I want to be."

Amid his success (he's shared the stage with some of the biggest hip hop artists to tour Saskatoon and one of his music videos was played at this year's Juno Awards pre-party), Sirvis wants more.

"I just don't feel like I've shared my music and my art with enough people yet."



FIVE QUICK MUSIC QUESTIONS FOR SIRVIS:

1. What is playing in your car right now? *Kid Cudi — Indicud*
2. Describe your new album in one word. *Different*
3. If you could trade music collections with anyone, who would it be. *His DJ, DJ Kalo*
4. What's your favourite thing about making music? *The level of interaction*
5. If you could make a song with one person, who would you choose? *The lead singer of Band of Horses, Ben Bridwell (after much thought)*

Saskatoon rapper Sirvis is set to release his fourth album called Cousin of Envy. "I'm envious of where I want to be and who I want to be." QC PHOTO BY MICHELLE BERG

WINE WORLD

QUAILS' GATE

Buy this seasonal wine before its all gone

By James Romanow

There are wines I think of as autumnal because they taste of the fall, of the harvest, of the dust of the end of summer. And there are wines I think of as autumnal because I know I have exactly one chance to get a bottle.

In the normal course of things vintners release their inventory in the middle of summer to make room for the coming harvest. If the wine is of a small batch, that will be the only release for the year. When it's gone from warehouses and retail shelves you're stuck until the next release. (Unless you bought a couple of cases and stashed them in the basement, preferably in a cool dark corner well away from the ping pong table.)

Quails' Gate Chenin Blanc is such a wine. I think there may be a half a flat or so scattered about the province. I found my bottles at the University Heights SLGA store. The Second Avenue location probably has some too.

Chenin, if you've never had the pleasure, is a light to medium white with a pleasant balanced palate that shows off the vintner well. It can make sweet or sparkling wine — Crement de Loire is usually Chenin blanc — and a very likable dry white. If you find chardonnay and semillon too round, and sauvignon blanc too sharp, this is one to try, as it lands almost exactly between those two points.



It's a great wine with shellfish, particularly oysters. I drink it with salads and over lunch. If you're a fan or just curious, best get shopping. It will be gone before Christmas.

Quails' Gate Chenin Blanc, Canada, 2012, $20

Crossword/Sudoku answers

S	T	A	N	D		A	N	A	T		O	W	N	S	
S	I	N	E	W		D	E	C	O		W	A	A	C	
W	A	I	T	A	N	D	S	E	E		I	S	T	O	
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G	O	O	F	F	O	N	A	T	A	N	G	E	W	T	
M	A	R	A				S	U	R	F	S		S	T	Y
C	H	A	C	H	A			S	U	R	A	L			
S	U	L	T	A	N	A	T	E	O	F	O	M	A	N	
			A	R	D	D	R		S	E	N	O	R	A	
G	I	A		L	O	U	I	S			G	E	A	R	
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3	1	7	6	5	8	2	9	4
2	6	9	3	4	1	5	8	7
5	8	4	2	7	9	1	6	3
6	7	3	4	2	5	8	1	9
8	2	5	9	1	7	3	4	6
4	9	1	8	6	3	7	2	5
7	4	2	5	8	6	9	3	1
1	3	8	7	9	4	6	5	2
9	5	6	1	3	2	4	7	8



EVENTS

MUSIC

Wednesday, Sept. 25

Shannon Rose and the Thorns
The Artful Dodger
1631 11th Ave

Wednesday Night Folk: Andrew & Zachari Smith
Bushwakker, 2206 Dewdney Ave

Jam Night
Every Wednesday
McNally's, 2226 Dewdney Ave

Authority Zero, White Knights Finish Last, Cricket, Tomorrow Starts Today
The Exchange, 2431 8th Ave.

Thursday, Sept. 26

Mandolin convention free concert
Chris Acquavella /Stefanie Rauch, Rio Con Brio
11:30 a.m., Executive Royal Hotel – Emerald Ballroom, 4025 Albert St

Andrew & Zachari Smith
The Club at The Exchange, 2431 8th Ave

Tequila Wranglers
The Pump, 641 Victoria Ave E.

Friday, Sept. 27

Mandolin convention free concert
Regina Mandolin Orchestra, Rio Con Brio, Will Patton Trio
7:30 p.m., Executive Royal Hotel – Emerald Ballroom, 4025 Albert St

Pram Trio
8 p.m., Le Bistro, Carrefour des Plaines, 3850 Hillsdale St.

Silver Gun and Screen, Fortunate Isles, Robot Eyes
The Artful Dodger
1631 11th Ave

Big Chill Fridays — DJ Fatbot
The Lancaster, 4529 Gordon Rd.

Indigo Joseph with RasTamile and Stone Iris
O'Hanlon's, 1947 Scarth St



Regina country singer Alex Runions will perform at McNally's on Friday. FILE PHOTO

Tequila Wranglers
The Pump, 641 Victoria Ave E.

Rock for Breast Cancer
Featuring Nick Faye, Danny Goertz, Eden Rohatensky, Broken City Rebels
The Club at The Exchange, 2431 8th Ave.

Alex Runions Bend
McNally's, 2226 Dewdney Ave.

Saturday, Sept. 28

Mandolin convention free concert
Chris Acquavella /Stefanie Rauch, Will Patton Trio, En Masse Orchestra
7:30 p.m., Regina Performing Arts Centre

Broadway Today
Regina Symphony Orchestra
8 p.m., Conexus Arts Centre
200 Lakeshore Dr.

Oktoberfest concert
5:30 p.m. Len Gadica
10 p.m. Pile of Bones Brass Band
German Club, 1727 St. John St

Regina Drum Festival
The Exchange, 2431 8th Ave

Tequila Wranglers
The Pump, 641 Victoria Ave E

Jeffery Straker
Sawchyn Guitars
2132 Dewdney Ave.

Stillhouse Poets
9 p.m., The Lancaster, 4529 Gordon Rd.

Sunday, Sept. 29

Mary Caroline and Megan Nash
The Artful Dodger, 1631 11th Ave

Monday, Sept. 30

Monday Night Jazz & Blues: Uptown Jazz
Bushwakker
2206 Dewdney Ave.

Michael Frantiend Spearhead with Michael Bernard Fitzgerald
Conexus Arts Centre
200 Lakeshore Dr.

Tuesday, Oct. 1

Jam night
Every Tuesday, 8 p.m
Bocados, 2037 Park St

Eamon McGrath, Nick Faye
O'Hanlon's, 1947 Scarth St.

ART

Prairie Excellance
The very best in contemporary fine craft by a cross-section of emerging and established professional craft artists from all across the prairies
Until Oct. 4, Art Gallery of Regina, Neil Balkwill Civic Arts Centre, 2420 Elphinstone St

Coming Into View: Honouring the Professional Native Indian Artists Inc.
Work by Joseph Sanchez and Alex Janvier, two original members of The Professional Native Indian Artists Inc. better known as The Indian Group of Seven, are complemented by the works of eight other artists
Until Oct. 12, Slate Fine Art Gallery, 207B Halifax St., Tatanka Boutique, 2156 Albert St.; Sakewewak Artists' Collective, 2150 Albert St

Joi T. Arcand: Through That Which Is Scene
Until Oct. 17
Dunlop Art Gallery – Sherwood Village Branch, 6121 Rochdale Blvd.

Zane Wilcox
Until Oct. 19, Mysteria Gallery, 2706 13th Ave

Gabriele Garcie-Luna: Gathered Light
The exposure of hand held light sources to slow shutter settings creates photographic imagery that is ghostlike and modern
Until Oct. 19, Slate Fine Art Gallery, 207B Halifax St

Janet Macpherson: Decoy
Toronto-based artist finds impetus in her Catholic upbringing and renderings of biblical scenes in slip-cast figures. Until Oct. 19, Slate Fine Art Gallery, 207B Halifax St

How to Make a Monster
Until Oct. 20, Sask. Science Centre, 2903 Powerhouse Dr.

Z'otz* Collective: The Substitutes and the Absence
Until Oct. 27
Dunlop Art Gallery – Central Branch, 2311-12th Ave.

Greatest Hits: The Juno Tour of Canadian Art
Until Nov. 24, MacKenzie Art Gallery, 3475 Albert St

7: The Professional Native Indian Artists Inc.
Until Jan. 12, MacKenzie Art Gallery, 3475 Albert St

The Artists of Scott Nicholson Fine Arts
New exhibitions quarterly.
Until July 31, 2014, Regina Centre Crossing, 1621 Albert St.

Assiniboia Gallery
2266 Smith St. Open Tuesday to Friday 10 a.m.-5:30 p.m., Saturday 10 a.m.-5 p.m.

Nouveau Gallery
2146 Albert St. Open Tuesday to Saturday, 10 a.m.-5 p.m.

COMEDY

Comedy Night
Sept. 26, The Artful Dodger, 1631 11th Ave

Comedy Grind
Every Saturday night
Gabbo's, 2338 Dewdney Ave

Funny Fest Kickoff – CJTR Radiothon
Oct. 1, 8 p.m., The Lancaster, 4529 Gordon Rd.

THEATRE

Shangri-La
Shumiatcher Sandbox Series
Sept. 26-Oct. 5
Globe Theatre, 1801 Scarth St.

The Sex Lives of Vegetables
Golden Apple Theatre
Sept. 27, 8 p.m.
The Artesian, 2627 13th Ave

Tackled ... A Football Play
Sept. 27, 28. Weekly shows until Dec. 21. Applause Dinner Theatre, 1975 Broad St., lower level

The Last Resort
Until Oct. 6
Globe Theatre, 1801 Scarth St

What you need to know to plan your week.
Send events to QC@leaderpost.com

CULTURE DAYS

BuskFest
Street performance including magic shows, human statues, belly dancing, spray-paint art and more.
Sept. 27, 11:30 a.m.-1:30 p.m.
FW Hill Mall, downtown

Les Fermières Obsèdées
Las bullas explosivas/ Explosive Bubbles/ Dance.
Sept. 27, noon-1 p.m.
City Square Plaza, downtown

CARFAC SASK Open House, Exhibition & Mosaic ectivity
Sept. 27, 2-7 p.m.
1734 A Dewdney Ave.

C.R. Avery spoken word writing and performence workshop
Sept. 27, 4:30-6:30 p.m.
Creative City Centre, 1843 Hamilton St.

Harvest Wine Festival
Hosted by Volkslieder Harmonie Choir. Taste several German wines and Zwiebelkuchen (onion cake).
Sept. 27, 6- 9:30 p.m.
German Club, 1727 St. John St.

Stories of Integration at the Harvest Wine Festival
Interviews about the process of settling in Saskatchewan and living here. Newcomers, immigrants and descendants, and First Nations and Metis communities, come share your stories.
Sept. 27, 7-9:30 p.m.
German Club, 1727 St. John St.

A Cell to Create: Manifesto Workshop with Patrick Close
Explore some examples from history, discuss concepts of advocacy and create and share our own manifestos. Paper, pens and markers provided.
Sept. 27, 7-9 p.m.
Saskatchewan Writers' Guild and Saskatchewan Arts Alliance, 100-1150 8th Ave.

CVAF Culture Days Poetry Slam
Featuring C.R. Avery.
Sept. 27, 7:30 p.m.
The Mercury, 2936 13th Ave.

Globe Theatre Open House
Sept. 28, 11 a.m.-2 p.m.
Globe Theatre, 1801 Scarth St.

Print-Your-Own Culture Days T-shirt
Use a screen printing press to print your own T-shirt, designed by Articulate Ink.
Sept. 28, 1-4 p.m.
Articulate Ink Studios, 2nd floor Creative City Centre, 1843 Hamilton St.

Exquisite Corpse Scroll Drawing
Contribute your creativity to the community mash-up scroll drawing, based on the surrealist drawing game called the Exquisite Corpse.
Sept. 28, 1-4 p.m.
Dunlop Art Gallery — Central Branch, 2311-12th Ave.

Dorkbot Regina
Learn the intricacies of computer artists working their craft and join in. Bring your laptop, iPad or other device.
Sept. 28, 1-5 p.m.
Neutral Ground & Soil Digital Media Suite, 1856 Scarth St.

Shengri-La
Globe Theatre Shumiatcher Sandbox Series season opener — free performance.
Sept. 28, 2-4 p.m.
Globe Theatre, 1801 Scarth St.

Celebrate Creativity in North Central
Live music and performances, participatory arts activities, local artisan market.
Sept. 28, 2-7 p.m.
5th Avenue & Robinson Street
In case of rain, event will be held at Albert-Scott Community Centre, 1264 Athol St.

Under The Harvest Moon Heritage Community Festival
Multicultural performances.
Sept. 28, 2-8 p.m.
At Maple Leaf Park (Winnipeg Street and 14th Avenue) and the Senior Citizens' Centre (2134 Winnipeg St.).
In case of rain, events held indoors at the Senior Citizens' Centre.

Stories of Integration at the Heritage Community Festival
Interviews about the process of settling in Saskatchewan and living here.
Sept. 28, 3-6 p.m.
At Maple Leaf Park (Winnipeg Street and 14th Avenue) and the Senior Citizens' Centre (2134 Winnipeg St.)
In case of rain, events held at the Senior Citizens' Centre.

Holophon Audio Arts Inc. Interactive Performance
Audio artist Ryan Hill (guidewire) performs with dry ice and steel resonance plate. Q&A and experimentation to follow.
Sept. 28, 5-7 p.m.
City Square Plaza, downtown
In case of rain, moves to Neutral Ground.

Les Fermières Obsédées et "Houses of Dance"
"I want candles,' a work not before seen in Regina. Dance.
Sept. 28, 8-11 p.m., New Dance Horizons, 2207 Harvey St.

Plaza Dance Party
Featuring DJ Natural Sympathies, Saskatchewan filmmakers' footage to be projected onto a giant screen.
Sept. 28, 8:30 p.m.-midnight
City Square Plaza, downtown

7: + You
Links to the upcoming exhibit 7: Professional Native Indian Artists Inc (PNIAI), which will influence the materials for participant use in building a community sculpture.
Sept. 29, 10 a.m.-5 p.m.
MacKenzie Art Gallery, 3475 Albert St.

ATC Open Studio Brunch with Art
Make and trade artist trading cards! Basic materials supplied, bring your favourite tools.
Sept. 29, 10:30 a.m.-1 p.m.
TAE Gallery, Artful Dodger, 1631 11th Ave.

Family Arts Fest
Child-friendly event featuring entertainment, workshops, games, Songwriter Sunday series, a Kinder-Musik tent with an instrument zoo, and button-making.
Sept. 29, 1-5 p.m.
Victoria Park, downtown

Music Mosaic
Enjoy musical performances while communing with nature.
Sept. 29, 1:30-2:30 p.m.
Bandstand at Wascana Park, north side of Wascana Lake adjacent to the Royal Saskatchewan Museum.

Duo Solose: A Latin American Adventure
A duo-piano collaboration between sisters Jane and Kathleen Solose.
Sept. 29, 2-4 p.m.
U of R Riddell Centre University Theatre

SPECIAL EVENTS

University From the Inside Out and Outside In
Lecture by Jeffrey Simpson, Globe and Mail national affairs columnist.
Sept. 25, 7 p.m., Luther College Auditorium, U of R

Women's basketball
U of R vs. Lakeland College
Sept. 26, 5 p.m.
U of R Centre for Kinesiology, Health and Sport

Oktoberfest
Sept. 27, 6 p.m.-2 a.m.
Sept. 28, 5 a.m.-2 a.m.
German Club, 1727 St. John St.

Moonlight Movies Regine Drive-In
Sept. 27, 7:30 p.m. — Goonies and Grease
Sept. 28, 7:30 p.m. — How To Train Your Dragon and Star Trek
Northgate Mall parking lot, 489 Albert St. N.

Art from the Attic
Grandmothers 4 Grandmothers fundraiser
Sept. 28, 10 a.m.-4 p.m.
Cathedral Neighbourhood Centre, 2900 13th Ave.

Women's soccer
U of R vs. Calgary
Sept. 28, noon, U of R Field

Winnipeg Rifles at Regina Thunder
Sept. 28, 7 p.m.
Mosaic Stadium

Women's soccer
U of R vs. Lethbridge
Sept. 29, noon, U of R Field

Bring in the Harvest Family Day
Sept. 29, 1-3:30 p.m.
Regina Floral Conservatory, 14508 4th Ave.
Tickets are sold in advance.

NEW MOVIES

Rush
Action
Set in the golden age of Formula One racing, this is based on the true story of two rivals — handsome English playboy James Hunt (Chris Hemsworth) and his methodical, brilliant opponent, Niki Lauda (Daniel Brühl). The story follows their lives on and off the track. Directed by Ron Howard.

Baggage Claim
Comedy
Determined to get engaged before her youngest sister's wedding, flight attendant Montana Moore (Paula Patton) finds herself with only 30 days to find Mr. Right. She racks up more than 30,000 miles and countless comedic encounters, all the while searching for the perfect guy.

Cloudy with a Chance of Meatballs 2
Comedy/Animated
Inventor Flint Lockwood is invited by his idol Chester V to join the best and brightest inventors in the world at The Live Corp Company. When he discovers that his machine that turns water into food is creating food-animal hybrids — "foodimals!" — Chester sends Flint and his friends on a dangerously delicious mission to save the world.

Don Jon
Comedy
Jon Martello (Joseph Gordon-Levitt) is nicknamed Don Jon due to his ability to "pull" a different woman every weekend, but no fling compares to sitting alone in front of the computer watching pornography. Raised on romantic movies, Barbara Sugarman (Scarlett Johansson) is determined to find her Prince Charming. Jon and Barbara struggle against false fantasies to try and find true intimacy. Directed by Joseph Gordon-Levitt.

Galaxy Cinemas
420 McCarthy Blvd. N
306-522-9098

Cineplex Odeon
Southland Mall Cinemas
3025 Gordon Rd., 306-585-3383

Regina Public Library Theatre
2311 12th Ave., 306-777-6104

Kramer Imax
2903 Powerhouse Dr.
306-522-4629

Rainbow Cinemas
Golden Mile Shopping Centre
3806 Albert St., 306-359-5250

END-OF-SUMMER SUPER SALE

We are clearing out 1-only, Discontinued, and Floor models. Now is the time to SAVE!

TELEVISION

Sharp LC-70LE845
70" 3D 1080p LED TV
REG $3,599 SALE $2,749

Sharp LC-80LE632
80" 1080p LED TV
REG $4,799 SALE $3,599

Samsung PN-64F8000
64" Full 3D, 1080p ULtra Slim
REG $3,299 SALE $2,549

HOME AUDIO/VIDEO

Boston Acoustics TVee 25
Speaker Bar w/ Wireless Subwoofer
REG $349 SALE $249

TEAC DVD Home Theatre
w/ 3-Piece Speaker System
REG $399 SALE $299

Fatmen I-Tube
Tube Amp/iPod Dock, Shelf System
REG $699 SALE $399

Sharp BD-AMS10
3D BluRay Player
REG $129 SALE $99

Toshiba DR-430
DVD Recorder
REG $199 SALE $139

Sony HT-CT 260
Speaker Bar w/ Wireless Subwoofer
Built In Bluetooth
REG $349 SALE $299

Pioneer BDP-43FD
Elite BluRay Player
REG $399 SALE $299

Pioneer MI-581
Reference Headphones
REG $349 SALE $199



SHARP LC-60C6470
60" Full 3D 1080p LED TV
REG $2,799
SALE $2,199



BOSTON ACOUSTICS CS-2310
5.1 Surround Speaker System
w/ 10" Powered Subwoofer
REG $699
SALE $449



SONY STR-DA5700ES
Home Theater Receiver
REG $2,499
SALE $1,199



YAMAHA TSX-120
iPod/FM Dual Alarm
Clock Radio
REG $299
SALE $189



PANASONIC SC-GT07
iPod/iPhone
Speaker Dock
REG $229
SALE $179



PIONEER SC-57
Elite Series
Home Theatre
Receiver
REG $2,499
SALE $1,399

TABLE TOP AUDIO

TEAC SL-D920
Retro Design AM/FM/CD/iPod...
REG $249 SALE $199

Boston Acoustics IDS-3B
High Gloss Black iPod Dock
w/ Wireless Sub
REG $550 SALE $399

NAD VISO 1
High Performance
iPhone/iPod Dock
REG $499 SALE $399

Yamaha MCR-040
3 Piece FM/CD/USB/iPod
Shelf System
REG $329 SALE $239

Panasonic SC-NE1
Bluetooth Wireless
Speaker System
REG $199 SALE $179

Monster Seat Box
High Power iPod
Speaker Dock
REG $499 SALE $369

HOME AUDIO/VIDEO

Boston Acoustics Roundware 5.1
Compact Surround Speakers
w/ Powered Subwoofer
REG $599 SALE $299

Z Vox Base 555
TV Speaker System
REG $399 SALE $349

Parasound A-52
5 Channel Power Amp
Halo Series 125WX5
REG $3,200 SALE $999

Audio Research WS-650D
6 1/2" In Ceiling Speakers
REG $199 SALE $99

Sinclair Audio WRT50
Wireless Powered
Bluetooth Speakers
REG $499 SALE $299

Ultralink HD Starter Kit
Surge Protector/HDMI Cable
Screen Cleaner
REG $149 SALE $99

Focal Spirit One
Audiophile Quality
Headphones Works with
iPhone/iPod
REG $299 SALE $239

SiriusXM Boombox Bundle
Starmate 7 Radio
Car Kit + Boombox
REG $199 SALE $149

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